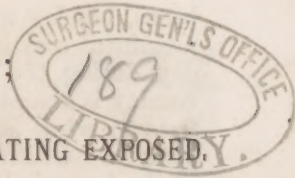


PORK;

OR

THE DANGERS OF PORK-EATING EXPOSED.



JUST at present, there is a great deal of interest manifested in the subject of pork-eating as connected with health. So numerous have been the cases of sudden death occurring during the past winter, the immediate cause of which was unmistakably traceable to the eating of pork, that the most observing people are beginning to entertain many very serious doubts as to the propriety of using as an article of diet that which is so liable to produce such direful consequences.

While the attention of the public is thus very wisely turned toward this subject in one of its most obviously dangerous aspects, we would invite a more careful investigation of the matter in some of its less apparent, but, possibly, quite as momentous bearings, as well as a proper consideration of the more threatening evils.

THE GENERAL USE OF PORK.

In this country, pork-raising is one of the great industries, and one of the most prolific sources of wealth. And since the supply is wholly regulated by the demand, it may be taken as a proper index of the prodigious quantities of swine's flesh which are daily required to satisfy the gustatory demands of the American people. No other kind of animal food is so largely used as is pork in its various forms of preparation. The Yankee always makes his Sunday breakfast of pork and

beans, besides making the the same article a prominent constituent of at least two meals each day during the rest of the week. Pork and hominy is almost the sole aliment of the Texan farmer; while in other Western States pork and potatoes constitute the most substantial portion of the farmer's bill of fare. The accompanying dish may be hominy, beans, or potatoes; but the main reliance is pork in each case.

In the case of no other animal is so large a portion of the dead carcass utilized as food. Pork seems to be considered such a delicacy that not a particle should be wasted. The fat and lean portions are eaten fresh, or carefully preserved by salting or smoking, or both. The tail is roasted, the snout, ears, and feet, are pickled and eaten as souse; the intestines and lungs are eaten as tripe or made into sausages; black pudding is made of the blood; the liver, spleen, and kidneys, are also prized; the pancreas and other glands are considered great delicacies; while even the skin is made into jelly. In fact, nothing is left of the beast but his bristles, which the shoemaker claims. Surely, it must be quite an important matter, and one well-deserving attention, if it can be shown that an animal which is thus literally devoured, and that in such immense quantities, is not only unfit for food, but one of the prime causes of many loathsome and painful maladies. Let us examine the hog a little, and see what can be determined respecting his real nature, and his office in the economy of nature, if he has any.

A LIVE HOG EXAMINED.

Look at that object in a filthy mud hole by the roadside. At first you distinguish nothing but a

pile of black, slimy mud. The dirty mass moves ! You think of a reptile, a turtle, some uncouth monster reveling in his Stygian filth. A grunt ! The mystery is solved. The sound betrays a hog. You hasten by, avert your face, and sicken with disgust. Stop, friend, admire your savory ham, your souse, your tripe, your toothsome sausage, in its native element. A dainty beast, is n't he ?

Gaze over into that sty, our pork-eating friend. Have you done so before ? and would you prefer to be excused ? Quite likely ; but we will show you a dozen things you did not observe before. See that contented brute quietly reposing in the augmented filth of his own ordure ! He seems to feel quite at home, does n't he ? Look a little sharper and scrutinize his skin. Is it smooth and healthy ? Not exactly so. So obscured is it with tetter, and scurf, and mange, that you almost expect to see the rotten mass drop off, as the grunting creature rubs it against any projecting corner which may furnish him a convenient scratching-place. As you glance around the pen, you observe that all such conveniences have been utilized until they are worn so smooth as to be almost inefficient.

Stir up the beast and make him show his gait. See how he rolls along, a mountain of fat. If he were human he would be advised to chew tobacco for his obesity, and would be expected to drop off any day of heart disease. And so he *will* do, unless the butcher forestalls nature by a day or two. Indeed, only a few days ago a stout neighbor of his was quietly taking his breakfast from his trough, and grunting his infinite satisfaction, when, without a moment's warning, or a single premonitory symptom, his swinish heart ceased to beat, and he instantly

expired without finishing his meal, much to the disappointment of the butcher who was anticipating the pleasure of quietly executing him a few hours later and serving him up to his pork-loving patrons. Suppose his death had been delayed a few hours, as is the case with the majority of hogs? or rather, suppose the butcher had got the start of nature a *little*, as he generally contrives to do?

But we have not half examined our hog yet. If you can possibly prevail upon yourself to sacrifice your taste in the cause of science, pork-loving friend, just clamber over into the reeking sty and take a nearer view of the animal that is destined to delight the palates of some of your friends, perhaps your own. Make him straighten out his fore leg. Now observe closely. Do you see an open sore or issue a few inches above his foot, on the inner side? and do you say it is a mere accidental abrasion? Find the same on the other leg; it is a wise and wonderful provision of nature. But what are they? Grasp the leg high up, and press downward. Now you see, as a mass of corruption pours out. That opening is the outlet of a sewer. Yes, a scrofulous sewer; and hence the offensive, scrofulous matter which discharges from it. Should you fill a syringe with mercury or some colored injecting-fluid, and drive the contents into this same opening, you would be able to trace all through the body of the animal little pipes communicating with it.

What must be the condition of the body of an animal so foul as to require a regular system of drainage to convey away its teeming filth? Sometimes the outlets get closed by the accumulation of external filth. Then the scrofulous, ichorous stream ceases to flow, and the animal quickly

sickens and dies unless the owner speedily cleanses the parts, and so opens anew the feculent fountain, and allows the festering poison to escape.

What dainty morsels those same feet and legs make ! What a delicate flavor they have, as every epicure asserts ! Do you suppose the corruption with which they are saturated has any influence upon their taste and healthfulness ?

Perhaps you are thoroughly disgusted now, and would like to leave the scene. Pause a moment. Now let us take a look at the inside of this wonderfully delicious beast !

A DEAD HOG EXAMINED.

Do you imagine that the repulsiveness of this loathsome creature is only on the outside ? that within everything is pure and wholesome ? Vain delusion. Sickening, disgusting, as is the exterior, it is, in comparison with what it covers, a fair cloak to hide a mass of disease and rottenness which grows more superlatively filthy as we penetrate deeper and deeper beneath the skin.

What Is Lard ?

Just under the foul and putrid skin we find a mass of fat from two to six inches in thickness, covering a large portion of the body. Now what is this ? Lard, says one, animal oil ; an excellent thing for consumptives ; a very necessary kind of food in cold weather. Lard, animal oil, very truly ; and, we will add, as synonyms, disease, scrofula, torpid liver, erysipelas !

Where did all that fat come from ? or how happened it to be heaped up around that poor hog so prodigiously ? Surely, it is not natural ; for fat is only deposited in large quantities for the purpose of keeping the body warm in winter.

This fat is much more than is necessary for such a purpose, and is much greater in amount than ever exists upon the animal in a state of nature. It is evidently the result of disease. So gross have been the habits of the animal, so great has been the foulness of its body, that its excretory organs—its liver, lungs, kidneys, skin, and intestines, have been entirely unable to carry away all the impurities which the animal has been all its life accumulating. And even the extensive system of sewerage, with its constant stream, which we have already described, was insufficient to the task of purging so vile a body of the scrofula which abounded in every organ, and saturated every tissue. Consequently, this great flood of disease, which made the blood a black, turbid current, was crowded out of the veins and arteries into the tissues, and there accumulated as fat! Delectable morsel, a slice of fat pork, is n't it? Concentrated, consolidated, scrofula, filth!

Then the fatter a hog, the more diseased he is? Certainly. A few months ago, there were on exhibition at the great cattle show in England a couple of hogs which had been stuffed with oil-cake until they were the greatest monsters of obesity ever exhibited. Of course, they took the first premium; and if a premium had been awarded for those animals capable of producing the most disease, it is quite probable that they would have headed the list still.

Lard, then, obtained from the flesh of the hog by heating, is nothing more than *extract of disease!* the *essence of putridity* and *scrofula!* Who that knows its character will dare to defile himself with this "broth of abominable things"?

Disgusting Developments.

Now let us take a little deeper glance, prepared

to find disease and corruption more abundant the deeper we go. Observe the glands which lie about the neck. Instead of being of their ordinary size, and composed of ordinary gland structure, we find them enlarged masses of scrofulous disease. Perhaps tuberculous degeneration has already taken place. If so, the soft, cheesy, infectuous mass is ready to sow broadcast the seeds of consumption and premature death. For, according to some excellent medical authorities, tuberculous disease is capable of communication by means of tubercles. If the animal is of sufficient age, the further process of ulceration will have occurred.

Now take a deeper look still, and examine the lungs of this much-prized animal. If he is more than a few months old, you will be certain to find large numbers of scrofulous tubercles if you make a careful examination. If he is much more than a year of age, you will more than likely as not find a portion of the lung completely consolidated. Yet all of this filthy, diseased mass is cooked as a delicious morsel, and served up to satisfy fastidious tastes. If the animal had escaped the butcher's knife a few years, he would have died of tuberculous consumption.

But what kind of a liver would you expect such an animal to have? Is not excessive fatness one of the surest evidences of a diseased and inactive liver? Infallible. Then a fat hog must have a dreadfully diseased bile manufactory. Make a cut into its substance. In ninety-five cases out of a hundred you will find it filled with abscesses. In a larger percentage still will be found the same scrofulous deposits which seem to infest every organ, every tissue, and every structure of the animal. Yet these same rotten, diseased, scrofulous livers are eaten and relished

by thousands of people who cannot express their contempt for the Frenchman who eats a horse, or Chinaman who dines upon fricasseed puppy.

Now just glance at the remaining contents of the abdomen. In every part you notice evidences, unmistakable, of scrofula, fatty degeneration, and tuberculous accumulations.

Where Scrofula Comes From.

The word *scrofula* is derived from the Latin *scrofa*, which means, a sow. The ancient Romans evidently believed that scrofula originated with the hog, and hence they attached the name of the beast to the disease. Saying that a man has scrofula, then, is equivalent to saying that he has the hog disease. After we have seen that the hog is the very embodiment of scrofula, is filled with it, literally overflowing with it, in fact, since he requires sewers to carry it off sufficiently to preserve his own life—after viewing this, can any one doubt the accuracy of the conclusion of the Romans who named the disease?

Origin of the Tape-Worm.

We shall not attempt to trace the history of this horrid animal, which frequently attains the length of thirty to fifty feet in the intestines of human beings, only so far as concerns its introduction into the human system.

With this end in view, let us glance again at that ulcerated liver. Upon closer inspection, it will be no uncommon thing if we discover numberless little sacks, or cysts, about the size of a hemp seed. These do not present a very formidable appearance, certainly; but as soon as they are taken into the stomach by eating the flesh containing them, the gastric juice dissolves off the membranous sack and liberates a minute

animal which had been lurking there for months, perhaps, awaiting this very opportunity. This creature, although quite minute, is furnished with a head and four suckers. With the latter it attaches itself firmly to the side of the stomach, and begins to grow. In a short time it produces an addition to its body which is attached like a joint behind. Soon a duplicate of this is produced, and then another and another, until a body three or four rods in length is formed.

The poor victim who is forced to entertain this unwelcome guest suffers untold agonies and finally dies if he cannot succeed in dislodging the parasite.

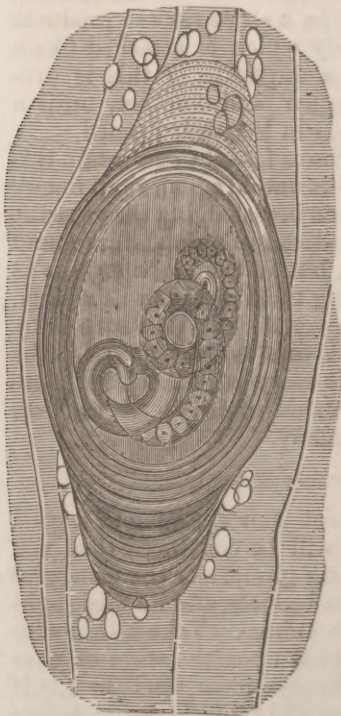
The germs of these dreadful animals are found *not only* in the liver, but in the *other organs* as well. Pork containing them is said to be measly. Sometimes it is discovered; but that such is by no means always the case is evidenced by the fact that tape-worm is every year becoming more and more frequent in this country. It has long been common in Germany.

The Terrible Trichinæ.

Now, my friend, assist your eyesight by a good microscope and you will be convinced that you have only just caught a glimpse of the enormous filthiness, the inherent badness, and intrinsic ugliness of this loathsome animal. Take a thin slice of the lean flesh, place it upon the stage of your microscope, adjust the eye-piece, and look. If you are fortunate, you will find displayed before your eyes hundreds of voracious little animals, each coiled up in its little cell waiting for an opportunity to escape from its prison walls and begin its destined work of devastation. A gentleman of eminence in Louisville has made very extensive researches upon the subject, and asserts

that in at least one hog out of every ten these creatures may be found.

A few weeks ago we obtained a small portion of the flesh of an individual that had died with



Trichina Spiralis.

trichinæ. Upon subjecting it to a careful microscopical examination with a good instrument, we discovered multitudes of the worms. Each individual presented the appearance represented in the accompanying accurate engraving. The animal is there seen inclosed in a little cyst, or sack, which is dissolved by the gastric juice when taken into the stomach of any animal. The parasite being then set at liberty, immediately penetrates the thin, muscular walls of the stomach, and gradually works its way

throughout the whole muscular system, not sparing even the heart. It possesses the power of propagating its species with wonderful rapidity; and a person once infected, is almost certain to die a lingering death of excruciating agony.

Being curious to know, approximately, how numerous were the worms in the specimen we were examining, we prepared a small portion about the size of a kernel of wheat in a suitable manner. By careful count, we found upwards of 500; and in a large portion of the specimen they lay so thickly together that it was impossible to isolate them. None but solitary individuals were counted; and hence it is fairly presumed that the specimen really contained double the number actually counted. A little computation will show that the flesh of the individual furnishing the specimen must have contained from 250,000 to 500,000 trichinae in every cubic inch of muscle.

In Helstadt, Prussia, one hundred and three persons were poisoned, and twenty of them died within a month.

During the past winter this disease has been especially prevalent in this country. Scores of authentic cases of recent occurrence might be cited. Almost every newspaper chronicles a new case.

The report has been current in the newspapers that several thousand hogs died of the disease in one locality in Illinois, known as the Kaskaskia Bottom, during the past winter.

It is doubtless not known how many deaths are really due to this cause, for many persons die of strange, unknown diseases, which baffle the doctor's skill both as to cure and diagnosis. Trichinosis also very much resembles some other diseases in some of its stages, and may be attributed to other than its true cause. It is thought by some medical men of considerable eminence that hundreds of people die of the disease without its true nature being suspected.

Pork Unclean.

Have we not seen that a hog is nothing better

than an animated mass of physical defilement? Few that have seen the animal will dispute that his filthiness is a most patent fact. How wise and sanitary, then, was the command of God to the ancient Jews, "It is unclean unto you. Ye shall not eat of their flesh nor touch their dead carcass."

Although it may not be said that this law still exists, and is binding upon all mankind as a moral obligation, it is quite plain that the physical basis upon which the law was founded is as good to-day as at any previous period. Could it be proved that the hog had kept pace with advancing civilization, and had improved his habits, we might possibly find more tolerance for him; but he is evidently just as unclean as ever, and just as unfit for food.

Adam Clarke, when once requested to give thanks at a repast of which pork constituted a conspicuous part, used the following words: "Lord, bless this bread, these vegetables, and this fruit; and if thou canst bless under the gospel what thou didst curse under the law, bless this swine's flesh."

The Mohammedans, as well as the Jews, abstain entirely from the use of pork. Such is also the case with some other tribes of Asia and Africa.

Evil Effects of Pork-Eating.

At the head of the list we place SCROFULA. How almost universally it abounds! How few are untainted by this ugly disease! The chronic sore eyes, glandular enlargements, obstinate ulcers, disfigured countenances, unsightly eruptions, including a long list of skin diseases, all proclaim the defilement of the blood with this vile humor. So, too, do the vast army of dwarfed, strumous,

precocious children tell the same story. Erysipelas, too, a dreadful scourge, owes more to pork than any other cause. That terrible disease, leprosy, so common in Eastern countries, and now beginning to show itself upon our own shores, is largely attributable to pork-eating.

"BILIOUSNESS," a name which covers every bad condition for which no other appropriate name can be found, is notoriously the result of pork-eating. This is the main reason why so many people complain of "biliousness" in the spring, after gorging themselves with fat pork all winter. The liver is overworked in attempting to remove from the system such a mass of impurity as is received in the eating of pork. It consequently becomes clogged, congested, torpid. Then follow all the ills consequent upon the irritation of biliary matters in the blood. The skin becomes tawny—jaundiced. The kidneys are overworked. Perhaps a fever results. A partial clearing out then occurs, which enables the individual to pass along for a time again, until some epidemic or contagious disease claims him as a lawful victim, which he is almost certain to be.

CONSUMPTION is another disease which is not easily separable from pork-eating. In fact, scrofula is its great predisposing cause. The narrow chests, projecting shoulders, thin features and lank limbs of so many young boys and girls are evidence of a consumptive tendency, of which a scrofulous diathesis is the predisposing cause.

DYSPEPSIA, that malady of many forms, is a frequent result from the use of pork. Especially when fat, and salted or smoked, pork is one of the most indigestible of foods, requiring between five and six hours for its digestion, when decent food will digest in half that time. This is the

reason for the notion that salt pork is an excellent thing to "stick by the rib."

TAPE-WORM, we have already mentioned as the result of eating measly pork. It is a very difficult disease to cure, and often baffles the best medical skill for many years. Few ever detect the cysts unless their attention has been directed to the matter.

TRICHINÆ produce in man an incurable disease. No remedy can stay the ravages of the parasite. All pork-eaters are in constant danger, for the worm is too small to be seen without the aid of the microscope. However, this disease is not nearly so formidable as the others named; for it is not so common, neither does it entail any weight of suffering upon posterity as does scrofula.

APOLOGIES FOR PORK-EATING EXAMINED.

On every hand we are met by all sorts of excuses for continuing to make swine's flesh an article of diet in spite of the striking evidence of its dangerous character which we have presented, and the truth of which no one can gainsay. Let us examine a few of the most common of these apologies and test their value.

Pork is Necessary as a Heat-forming Food in Winter.

Are there not plenty of more healthy animals than hogs to supply all the animal oil necessary? Certainly there are. And, better still, we have the various grains and farinaceous vegetables which are abundantly sufficient to furnish all the heat required by man in any latitude.

Our Fathers and Grandfathers Ate Pork and Yet Lived to Very Old Age.

Ah! yes; my good friend, and you are suffer-

ing the penalty of their transgressions. You may not be well aware of it as yet; but more than likely as not, your old age will not be so free from ills as was theirs. And quite as probably you may even now see in your children the results of your own, as well as your father's, disregard of the dictates of sound sense in feasting upon the hog. Their frequent sore eyes, sore mouths, tetter, erysipelas, and other eruptions, are all evidences of the scrofula which they have inherited.

Neither can you urge the plea, "Pork does not hurt me." No man ever became a drunkard who did not make the same excuse for liquor. You may not feel it now; but the future will expose your delusion.

The Hog is Cleanly if You Give Him a Chance to Be So.

It is surprising to us that any person who knows anything of the real nature of a hog can make such an assertion. Who has not seen many a hog wallowing in the foulest mire right in the middle of a green, fragrant clover pasture? The dirty creature will turn away from the nicest bed of straw to revel in a stagnant, seething mud-hole. If one of his companions dies in the lot, or pen, he will wait until putrefaction occurs and then greedily devour the stinking carcass. The filthy brute will even devour his own excrement, and that when not unusually pressed by hunger.

The hog is by nature a scavenger, and is especially adapted for that purpose. Let him pursue his natural calling.

Sufficient Heat Will Kill the Trichinæ and Incipient Tape-Worms.

Surely, dead worms cannot kill any one; but

it must be delightful for the pork-eater to contemplate his ham or sausage with the reflection that he will find it a *diet of worms*. The Frenchman sometimes eats earth worms; the African relishes lizards; and one philosopher so far overcame his natural prejudices as to eat spiders. How disgusting, you say; and yet shut your eyes and swallow a million monsters at a meal, because they are *cooked*, and so cannot bite. The louse-eating Patagonian cannot equal that.

WHAT SHALL WE DO WITH THE HOG?

Stop raising him. Turn him loose. He will soon find his place, like the five thousand which ran down into the sea in the days of Christ. If he must be raised, use him for illuminating our halls and houses. Lubricate our car and wagon axles with his abundant fat. Do anything with him but eat him. It would be dangerous to adopt the principle that we must devour everything which is in the way, or which cannot be otherwise utilized. Adam Clarke thought of one appropriate use to make of him. He said that if he was going to make an offering to the devil, he would employ a hog stuffed with tobacco.

Reader, what will you do? Can you continue to use as food such an abominable article as pork, and in so doing run so many risks as you must do? And if you decide that the animal is unfit to claim a place upon your own table, can you conscientiously raise and sell him, to your neighbor's injury?

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
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